

File 350:Derwent WPIX 1963-2003/UD,UM &UP=200349

File 347:JAPIO Oct 1976-2003/Apr(Updated 030804)

File 371:French Patents 1961-2002/BOPI 200209

Set	Items	Description
S1	67	AU='LANGE B A' OR AU='LANGE B'
S2	22	AU='TYRRELL D J'
S3	1	AU='TYRRELL D'
S4	44	AU='KRZYSIK D' OR AU='KRZYSIK D G'
S5	21	AU='LAABS J' OR AU='LAABS J E'
S6	10	AU='WILLIAMSON B S'
S7	10	AU='WILLIAMSON B'
S8	0	S1 AND S2:S3 AND S4 AND S5 AND S6:S7
S9	1000	FATTY()ACID? ? AND (FLAXSEED OR LINSEED)
S10	0	S1:S7 AND S9
S11	132	BREAST() (PAD OR PADS)
S12	0	S1:S7 AND S11

File 348:EUROPEAN PATENTS 1978-2003/Jul W03

File 349:PCT FULLTEXT 1979-2002/UB=20030731,UT=20030724

Set	Items	Description
S1	33	AU='LANGE BETH A' OR AU='LANGE BETH ANNE' OR AU='LANGE BETH M'
S2	42	AU='TYRRELL DAVID ARTHUR JOHN' OR AU='TYRRELL DAVID J' OR - AU='TYRRELL DAVID JOHN'
S3	65	AU='KRZYSIK DUANE G' OR AU='KRZYSIK DUANE GERARD'
S4	3	AU='LAABS J' OR AU='LAABS JOHN E' OR AU='LAABS JOHN EDWARD'
S5	19	AU='WILLIAMSON BRUCE S' OR AU='WILLIAMSON BRUCE SCOTT'
S6	1	S1 AND S2 AND S3 AND S4 AND S5
S7	135	BREAST() (PAD OR PADS)
S8	1	S1:S5 AND S7
S9	0	S8 NOT S6

6/3,AB/1 (Item 1 from file: 349)

DIALOG(R)File 349:PCT FULLTEXT

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01019600

BREAST PAD ASSEMBLY CONTAINING A SKIN BENEFIT INGREDIENT

ENSEMBLE DE COUSSINET POUR SEIN CONTENANT UN INGREDIENT BON POUR LA PEAU

Patent Applicant/Assignee:

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Patent and Priority Information (Country, Number, Date):

Patent: WO 200347644 A1 20030612 (WO 0347644)

Application: WO 2002US26703 20020822 (PCT/WO US0226703)

Priority Application: US 2001998500 20011130

Designated States: AE AG AL AM AT AU AZ BA BB BG BR BY BZ CA CH CN CO CR CU
CZ DE DK DM DZ EC EE ES FI GB GD GE GH GM HR HU ID IL IN IS JP KE KG KP
KR KZ LC LK LR LS LT LU LV MA MD MG MK MN MW MX MZ NO NZ OM PH PL PT RO
RU SD SE SG SI SK SL TJ TM TN TR TT TZ UA UG UZ VC VN YU ZA ZM ZW
(EP) AT BE BG CH CY CZ DE DK EE ES FI FR GB GR IE IT LU MC NL PT SE SK TR
(OA) BF BJ CF CG CI CM GA GN GQ GW ML MR NE SN TD TG
(AP) GH GM KE LS MW MZ SD SL SZ TZ UG ZM ZW
(EA) AM AZ BY KG KZ MD RU TJ TM

Publication Language: English

Filing Language: English

Fulltext Word Count: 10149

English Abstract

A breast pad assembly is disclosed wherein one face of the breast pad which faces the breast during use contains a composition comprising a skin benefit ingredient for improving the skin health of a woman's breast and nipple skin. In one embodiment of the invention, the skin health benefit ingredient comprises omega-3 fatty acids which can replace lipids lost from the breast and nipple during breast feeding. The omega-3 fatty acids can also be ingested by the infant to improve systemic development in the infant. In another embodiment, the skin benefit ingredient comprises omega-3 fatty acids and essential fatty acids.

File 155:MEDLINE(R) 1966-2003/Aug W1
File 5:Biosis Previews(R) 1969-2003/Jul W4
File 73:EMBASE 1974-2003/Jul W4
File 34:SciSearch(R) Cited Ref Sci 1990-2003/Jul W4
File 434:SciSearch(R) Cited Ref Sci 1974-1989/Dec

Set	Items	Description
S1	585	AU='LANGE B A' OR AU='LANGE B'
S2	149	AU='LANGE B.' OR AU='LANGE B.A.'
S3	11	AU='LANGE BA'
S4	5	AU='LANGE BETH ANNE'
S5	242	AU='TYRRELL D J' OR AU='TYRRELL D L' OR AU='TYRRELL D L J' OR AU='TYRRELL D LORNE' OR AU='TYRRELL D LORNE J'
S6	393	AU='TYRRELL D.A.J.' OR AU='TYRRELL D.J.' OR AU='TYRRELL D.- A.' OR AU='TYRRELL DA' OR AU='TYRRELL DAJ' OR AU='TYRRELL DAV- E' OR AU='TYRRELL DAVID' OR AU='TYRRELL DAVID A J'
S7	27	AU='TYRRELL DAVID J' OR AU='TYRRELL DAVID JOHN' OR AU='TYR- RELL DJ'
S8	8	AU='KRZYSIK D G' OR AU='KRZYSIK DG' OR AU='KRZYSIK DUANE G- ERARD'
S9	7	AU='LAABS J' OR AU='LAABS J.' OR AU='LAABS JE' OR AU='LAABS JOHN E'
S10	576	AU='WILLIAMSON B'
S11	9	AU='WILLIAMSON B S' OR AU='WILLIAMSON B K'
S12	1	AU='WILLIAMSON BRUCE S'
S13	1	AU='WILLIAMSON BS'
S14	0	S1:S4 AND S5:S7 AND S8 AND S9 AND S10:S13
S15	15	S1:S14 AND BREAST
S16	606143	OMEGA OR FATTY
S17	5859	LINSEED OR FLAXSEED
S18	1	S15 AND S16
S19	0	S15 AND S17

18/7/1 (Item 1 from file: 73)

DIALOG(R) File 73:EMBASE

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00876745 EMBASE No: 1978004542

Antiviral activity in milk of possible clinical importance

Matthews T.H.J.; Nair C.D.G.; Lawrence M.K.; Tyrrell D.A.J.

Clin. Res. Cent., Harrow United Kingdom

Lancet (LANCET) 1976, 2/8000 (1387-1389)

CODEN: LANCA

DOCUMENT TYPE: Journal

LANGUAGE: ENGLISH

In human and in cow's milk an antiviral activity has been detected which does not seem to be related to antibodies or other known virus inhibitors. The antiviral activity lay in a relatively heat stable macromolecule belonging to the non **fatty** part of milk. In many of the combinations tested, (e.g., vesicular stomatitis virus and human milk, or influenza B and cow's milk) antibodies are very unlikely to be present. Lactoferrin and lysozyme do not have antiviral activity when tested in this way. The characteristics of the test suggest that milk alters reversibly the properties of the cell surface, interfering possibly with virus entry. The most important outstanding question seems whether this antiviral effect can protect infants against infection with viruses such as those of gastroenteritis.

File 155:MEDLINE(R) 1966-2003/Aug W1
File 5:Biosis Previews(R) 1969-2003/Jul W4
File 73:EMBASE 1974-2003/Jul W4
File 34:SciSearch(R) Cited Ref Sci 1990-2003/Jul W4
File 434:SciSearch(R) Cited Ref Sci 1974-1989/Dec
File 144:Pascal 1973-2003/Jul W3
File 6:NTIS 1964-2003/Aug W1
File 8:Ei Compendex(R) 1970-2003/Jul W4
File 99:Wilson Appl. Sci & Tech Abs 1983-2003/Jun
File 65:Inside Conferences 1993-2003/Aug W1
File 94:JICST-EPlus 1985-2003/Jul W4
File 35:Dissertation Abs Online 1861-2003/Jul

Set	Items	Description
S1	27	(BREAST OR NURSING OR LACTATION)() (PAD OR PADS)
S2	14869	OMEGA() (3 OR THREE) (3N) (FATTY()ACID? ? OR ACYL()LIPID? ?)
S3	4011	OMEGA() (6 OR SIX) (3N) FATTY()ACID? ?
S4	4533	(FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(- OIL? ? OR TOENOL
S5	188	(PAD OR PADS) (3N) (BREAST OR NURSING OR LACTATION)
S6	0	S5 AND S2:S3 AND S4
S7	5	S5 AND S2
S8	5	S5 AND S3
S9	0	S5 AND S4
S10	5	S7:S8

10/6/5 (Item 1 from file: 144)

13474286 PASCAL No.: 98-0171333

Dietary fat and breast cancer metastasis by human tumor xenografts
Animal models of breast cancer - II: Psychosocial and nutritional
research and experimental design
1997

10/3,K/1 (Item 1 from file: 155)

DIALOG(R) File 155:MEDLINE(R)

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11260487 98138764 PMID: 9478277

Dietary fat and breast cancer metastasis by human tumor xenografts.

Rose D P; Connolly J M

Division of Nutrition and Endocrinology, American Health Foundation,
Valhalla NY 10595, USA.

Breast cancer research and treatment (NETHERLANDS) Nov-Dec 1997, 46
(2-3) p225-37, ISSN 0167-6806 Journal Code: 8111104

Contract/Grant No.: CA-53124; CA; NCI

Document type: Journal Article; Review; Review, Tutorial

Languages: ENGLISH

Main Citation Owner: NLM

Record type: Completed

... consistently to the lungs and forms quantifiable secondary nodules when injected into the mammary fat pads. With these breast cancer cells, the stimulating effects of polyunsaturated omega - 6 fatty acids on both primary tumor growth and metastasis were demonstrated; in contrast, the long-chain omega - 3 fatty acids were inhibitory. The model can also be adapted to examine dietary fatty acids, and inhibitors...
... these several approaches have demonstrated distinct roles for the cyclooxygenase and lipoxygenase-mediated products of omega - 6 fatty acid metabolism, and suggest new approaches to experimental breast cancer

therapy.

File 155:MEDLINE(R) 1966-2003/Aug W1
File 5:Biosis Previews(R) 1969-2003/Jul W4
File 73:EMBASE 1974-2003/Jul W4
File 34:SciSearch(R) Cited Ref Sci 1990-2003/Jul W4
File 434:SciSearch(R) Cited Ref Sci 1974-1989/Dec
File 144:Pascal 1973-2003/Jul W3
File 6:NTIS 1964-2003/Aug W1
File 8:Ei Compendex(R) 1970-2003/Jul W4
File 99:Wilson Appl. Sci & Tech Abs 1983-2003/Jun
File 65:Inside Conferences 1993-2003/Aug W1
File 35:Dissertation Abs Online 1861-2003/Jul
File 94:JICST-EPlus 1985-2003/Jul W4

Set	Items	Description
S1	208	(BREAST OR BREASTFEED? OR NURSING OR LACTAT?) (3N) (PAD OR P-ADS)
S2	554980	FATTY()ACID? ?
S3	4533	(FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(-OIL? ? OR TOENOL
S4	0	S1 AND S2 AND S3
S5	2412	S2 AND S3
S6	62777	PAD OR PADS
S7	15	S5 AND S6
S8	9	RD (unique items)
S9	9	Sort S8/ALL/PY,D

9/6/1 (Item 1 from file: 155)

14607869 22251060 PMID: 12364559

Leptin levels in rat offspring are modified by the ratio of linoleic to alpha-linolenic acid in the maternal diet.

Oct 2002

9/6/2 (Item 2 from file: 5)

13767669 BIOSIS NO.: 200200396490

Effect of dietary fatty acids on body energy partitioning.
2002

9/6/4 (Item 4 from file: 34)

11322498 Genuine Article#: 635VH Number of References: 36

Title: Effects of various dietary n-3/n-6 fatty acid ratios on the performance and body composition of broilers (ABSTRACT AVAILABLE)

Publication date: 20020000

9/6/5 (Item 5 from file: 35)

01901573 ORDER NO: AADAA-I3059292

Effect of dietary fatty acids on body energy partitioning through the regulation of peroxisome proliferator-activated receptors

Year: 2002

9/6/6 (Item 6 from file: 5)

06903754 BIOSIS NO.: 000089047826

EFFECTS OF VARIOUS N-3 LIPID SOURCES ON FATTY ACID COMPOSITIONS IN CHICKEN TISSUES

1989

9/6/7 (Item 7 from file: 155)
06378591 90002977 PMID: 2790814

Influence of the type of dietary fat on developmental growth of the mammary gland in immature and mature female BALB/c mice.
Nov 1 1989

9/6/8 (Item 8 from file: 155)
06034144 89048939 PMID: 3056227

Dietary influence on the insulin function in the epididymal fat cell of the Wistar rat. I. Effect of type of fat.
1988

9/6/9 (Item 9 from file: 155)
06024191 89038980 PMID: 2903427

Differential effects of dietary linoleic and alpha-linolenic acid on lipid metabolism in rat tissues.
Sep 1988

9/7,K/3 (Item 3 from file: 73)
DIALOG(R) File 73: EMBASE
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11937896 EMBASE No: 2003049804

Dietary flaxseed inhibits human breast cancer growth and metastasis and downregulates expression of insulin-like growth factor and epidermal growth factor receptor

Chen J.; Mark Stavro P.; Thompson L.U.
J. Chen, Department of Nutritional Sciences, Faculty of Medicine,
University of Toronto, Toronto, Ont. M5S 3E2 Canada
Nutrition and Cancer (NUTR. CANCER) (United States) 2002, 43/2
(187-192)

CODEN: NUCAD ISSN: 0163-5581
DOCUMENT TYPE: Journal ; Article
LANGUAGE: ENGLISH SUMMARY LANGUAGE: ENGLISH
NUMBER OF REFERENCES: 37

Recent studies indicate that diets rich in phytoestrogens and n-3 fatty acid have anticancer potential. This study determined the effect of flaxseed (FS), the richest source of lignans and alpha-linolenic acid, on growth and metastasis of established human breast cancer in a nude mice model. Estrogen receptor-negative human breast cancer cells, MDA-MB-435, were injected into the mammary fat pad of mice (Ncr nu/nu) fed a basal diet (BD). At Week 8, mice were randomized into two diet groups, such that the groups had similar tumor size and body weight. One continued on the BD, while the other was changed to BD supplemented with 10% FS, until sacrifice at Week 15. A significant reduction ($P < 0.05$) in tumor growth rate and a 45% reduction ($P = 0.08$) in total incidence of metastasis were observed in the FS group. Lung metastasis incidence was 55.6% in the BD group and 22.2% in the FS group, while the lymph node metastasis incidence was 88.9% in the BD group and 33.3% in the FS group ($P < 0.05$). Mean tumor number (tumor load) of total and lymph node metastasis was significantly lower in the FS than in the BD group ($P < 0.05$). Metastatic lung tumor number was reduced by 82%, and a significantly lower tumor trend ($P < 0.01$) was observed in the FS group. Lung weight, which also reflects metastatic tumor load, in the FS group was reduced by 20% ($P < 0.05$) compared with the BD group. Immunohistochemical study showed that Ki-67 labeling index and expression of insulin-like growth factor I and epithelial growth factor receptor in the primary tumor were lower in the FS ($P < 0.05$) than in the BD group. In

ASRC Searcher: Anne Horrigan
Serial 09/998500
August 5, 2003

7

conclusion, flaxseed inhibited the established human breast cancer growth and metastasis in a nude mice model, and this effect is partly due to its downregulation of insulin-like growth factor I and epidermal growth factor receptor expression.

DRUG DESCRIPTORS:

*somatomedin--endogenous compound--ec; *epidermal growth factor receptor
--endogenous compound--ec; * linseed oil --drug therapy--dt
phytoestrogen; omega 3 fatty acid ; lignan; linoleic acid; estrogen
receptor--endogenous compound--ec; Ki 67 antigen
CAS REGISTRY NO.: 8001-26-1 (linseed oil); 1509-85-9...

File 98:General Sci Abs/Full-Text 1984-2003/Jun
File 9:Business & Industry(R) Jul/1994-2003/Aug 01
File 16:Gale Group PROMT(R) 1990-2003/Aug 05
File 160:Gale Group PROMT(R) 1972-1989
File 148:Gale Group Trade & Industry DB 1976-2003/Aug 05
File 621:Gale Group New Prod. Annou.(R) 1985-2003/Aug 05
File 149:TGG Health&Wellness DB(SM) 1976-2003/Jul W3
File 636:Gale Group Newsletter DB(TM) 1987-2003/Aug 05
File 441:ESPICOM Pharm&Med DEVICE NEWS 2003/Jul W4
File 20:Dialog Global Reporter 1997-2003/Aug 05
File 444:New England Journal of Med. 1985-2003/Aug W1

Set	Items	Description
S1	405	(BREAST OR BREASTFEED? OR NURSING OR LACTAT?) (3N) (PAD OR P-ADS)
S2	43443	FATTY()ACID? ?
S3	4398	(FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(-)OIL? ? OR TOENOL
S4	0	S1(S)S2(S)S3
S5	590	S2(S)S3
S6	175974	PAD OR PADS
S7	0	S5(S)S6

File 98:General Sci Abs/Full-Text 1984-2003/Jun
File 9:Business & Industry(R) Jul/1994-2003/Aug 01
File 16:Gale Group PROMT(R) 1990-2003/Aug 05
File 160:Gale Group PROMT(R) 1972-1989
File 148:Gale Group Trade & Industry DB 1976-2003/Aug 05
File 621:Gale Group New Prod. Annou.(R) 1985-2003/Aug 05
File 149:TGG Health&Wellness DB(SM) 1976-2003/Jul W3
File 636:Gale Group Newsletter DB(TM) 1987-2003/Aug 05
File 441:ESPICOM Pharm&Med DEVICE NEWS 2003/Jul W4
File 20:Dialog Global Reporter 1997-2003/Aug 05
File 444:New England Journal of Med. 1985-2003/Aug W1

Set	Items	Description
S1	267	(BREAST OR NURSING OR LACTATION) () (PAD OR PADS)
S2	6673	OMEGA() (3 OR THREE) (3N) (FATTY()ACID? ? OR ACYL()LIPID? ?)
S3	1128	OMEGA() (6 OR SIX) (3N) FATTY()ACID? ?
S4	4398	(FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(-)OIL? ? OR TOENOL
S5	400	(BREAST OR NURSING OR LACTATION) (3N) (PAD OR PADS)
S6	0	S2:S3(S)S4(S)S5
S7	0	S2:S3 AND S4 AND S5

File 350:Derwent WPIX 1963-2003/UD,UM &UP=200349

File 347:JAPIO Oct 1976-2003/Apr(Updated 030804)

File 371:French Patents 1961-2002/BOPI 200209

Set	Items	Description
S1	183	(BREAST OR NURSING OR LACTATION) () (PAD OR PADS)
S2	509	OMEGA() (3 OR THREE) (3N) (FATTY()ACID? ? OR ACYL()LIPID? ?)
S3	150	OMEGA() (6 OR SIX) (3N) FATTY()ACID? ?
S4	3134	(FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(-)OIL? ? OR TOENOL
S5	277	(BREAST OR NURSING OR LACTATION) (3N) (PAD OR PADS)
S6	0	S5 AND S2:S3 AND S4

File 348:EUROPEAN PATENTS 1978-2003/Jul W03

File 349:PCT FULLTEXT 1979-2002/UB=20030731,UT=20030724

Set	Items	Description
S1	202	(BREAST OR NURSING OR LACTATION) () (PAD OR PADS)
S2	735	OMEGA() (3 OR THREE) (3N) (FATTY()ACID? ? OR ACYL()LIPID? ?)
S3	302	OMEGA() (6 OR SIX) (3N) FATTY()ACID? ?
S4	4248	(FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(-)OIL? ? OR TOENOL
S5	274	(BREAST OR NURSING OR LACTATION) (3N) (PAD OR PADS)
S6	274	S1 OR S5
S7	1	S2:S3(S)S4(S)S6 [a duplicate]
S8	74684	FATTY()ACID? ?
S9	1	S6(S)S8(S)S4
S10	0	S9 NOT S7

File 350:Derwent WPIX 1963-2003/UD,UM &UP=200349

File 347:JAPIO Oct 1976-2003/Apr(Updated 030804)

File 371:French Patents 1961-2002/BOPI 200209

Set	Items	Description
S1	281	(BREAST OR BREASTFEED? OR NURSING OR LACTAT?) (3N) (PAD OR P- ADS)
S2	90071	FATTY()ACID? ?
S3	3134	(FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(-)OIL? ? OR TOENOL
S4	0	S1 AND S2 AND S3

File 135:NewsRx Weekly Reports 1995-2003/Jul W4

Set Items Description

S1	1	(BREAST OR BREASTFEED? OR NURSING OR LACTAT?) (3N) (PAD OR P-ADS)
S2	567	FATTY()ACID? ?
S3	9	(FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(-OIL? ? OR TOENOL
S4	0	S1 AND S2 AND S3
S5	0	S1 AND S2
S6	0	S1 AND S3
S7	5	S2 AND S3

1/6/1

0000062732 (USE FORMAT 7 OR 9 FOR FULLTEXT)

Best information about breast cancers is derived from orthotopic models

Nichols, Sonia

June 27, 2002 (20020627)

WORD COUNT: 484

7/6/1

0000093257 (USE FORMAT 7 OR 9 FOR FULLTEXT)

Effects of dietary fat in the diabetes diet reviewed

June 25, 2003 (20030625)

WORD COUNT: 528

7/6/2

0000071282 (USE FORMAT 7 OR 9 FOR FULLTEXT)

New guidelines focus on fish, fish oil, omega-3 fatty acids

December 21, 2002 (20021221)

WORD COUNT: 506

7/6/3

0000052449 (USE FORMAT 7 OR 9 FOR FULLTEXT)

N-3 Fatty Acids In Inuit Diet Significant Reduce Cardiovascular Risk

October 13, 2001 (20011013)

WORD COUNT: 433

7/6/4

0000051765 (USE FORMAT 7 OR 9 FOR FULLTEXT)

Study Will Evaluate Value Of Omega-3 Fatty Acid To Reduce Risk In Overweight, Obese

August 26-September 2, 2001 (20010902)

WORD COUNT: 834

7/6/5

0000033404 (USE FORMAT 7 OR 9 FOR FULLTEXT)

Significant Health Benefits of Daily Fish Meal as Part of Weight Loss Regimen

October 25, 1999 (19991025)

WORD COUNT: 348

File 164:Allied & Complementary Medicine 1984-2003/Aug

File 467:ExtraMED(tm) 2000/Dec

File 91:MANTIS(TM) 1880-2002/Oct

Set Items Description

S1 0 (BREAST OR BREASTFEED? OR NURSING OR LACTAT?) (3N) (PAD OR P-ADS)

S2 537 FATTY()ACID? ?

S3 9 (FLAXSEED OR LINSEED) (3N) (OIL OR OILS) OR PUROLIN OR SCAN(-)OIL? ? OR TOENOL

S4 4 S2 AND S3

4/6/1 (Item 1 from file: 164)

00256002 THE BRITISH LIBRARY: 0045751

Influence of flaxseed oil administration on glycemc response in active, healthy adults

PUBLICATION DATE: 2002 Dec (20021200)

4/6/2 (Item 2 from file: 164)

00233367 THE BRITISH LIBRARY: 0023058

5) Flaxseed and flaxseed oil

PUBLICATION DATE: 2001 Mar 3 (20010300)

4/6/3 (Item 3 from file: 164)

00233334 THE BRITISH LIBRARY: 0023025

Can manipulation of the ratios of essential fatty acids slow the rapid rate of postmenopausal bone loss?

PUBLICATION DATE: 2001 Feb (20010200)

4/6/4 (Item 4 from file: 164)

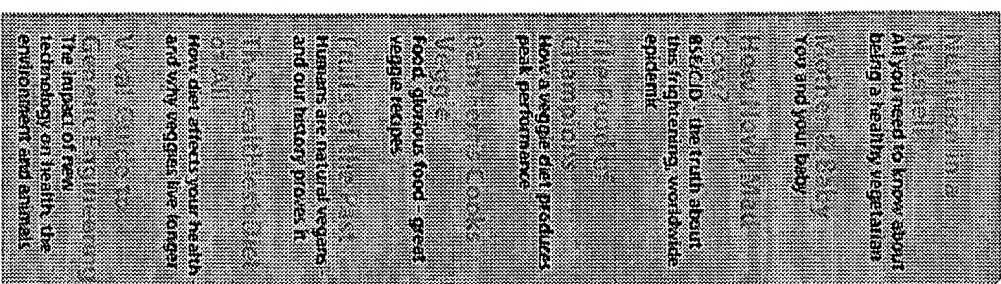
00114370 THE BRITISH LIBRARY: 8514586

Cold-pressed unrefined linseed oil puts essential nutrients back on the menu

PUBLICATION DATE: 1988 Dec (19881200)



Mother and Baby



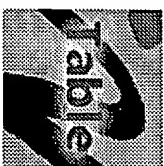
Increasing nutrients pregnancy / Foods & Drink to Avoid / Importance of Breastfeeding / Mother Nature Knows Best / Formula Feeds / Weaning / Four to Six Months / Six to Eight Months / Eight to Twelve Months / Survival Tips / Three Recipes for Baby & You / References

Pregnancy

A vegetarian diet (where no red meat, poultry, fish or slaughterhouse by-products are eaten) or vegan diet (where dairy products and eggs are also not eaten) can provide all the nutrients needed for a healthy pregnancy. Healthy babies are being born to fourth and fifth generation vegetarians and vegans in the UK and of course, around the world, whole cultures have been vegetarian for thousands of years! (See Vival Guide, Fruits Of The Past, for details on our vegetarian ancestors). It is the most natural, healthful diet and perfect for nurturing your unborn child.

A healthy pregnancy should just be an extension of your normally healthy diet. If you eat well anyway, then eating right for your unborn child won't be such a radical change. If, however, your diet has always been based around junk food, meat and dairy produce, then it's time it wasn't! For both your sakes.

The secret of a healthy diet is to eat a variety of foods, but focusing on grains, pulses, nuts and seeds and fresh fruit and vegetables. Dr Michael Klaper, one of America's foremost experts on vegetarian and vegan nutrition, has devised a table (adapted over) which shows what you need to eat each day. Eggs, cow's milk and cheese are high in cholesterol and fat and are not needed for a healthy diet, so they are not included. There is plenty of scope for adventurous, creative cookery. With herbs, spices, stock cubes, flavourings such as soya sauce and creamed coconut, soya cheese and a host of other extras, you can create the most wonderfully exotic dishes, as well as all the traditional favourites.



Increasing your nutrients for pregnancy

During pregnancy, your daily nutrient requirements increase considerably. Iron, folic acid, thiamin, niacin, riboflavin as well as vitamins A, C and D, calcium and protein are all needed in greater amounts. It's not surprising - you're making a whole new person and you'll need more nutrients than you do normally! If your diet includes plenty of fresh fruit and vegetables, you will probably be getting more than enough of vitamins A and C, folate and thiamin, but it doesn't hurt to give them all a bit of a boost. Here's how ...

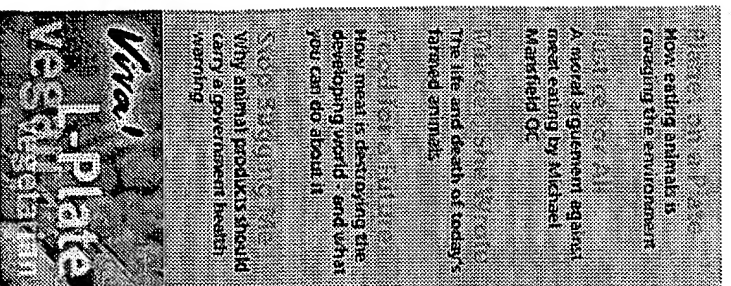
Protein



Rose Elliot MBE is Britain's foremost vegetarian cookery writer and her books have won her popular acclaim all over the world. Her invaluable book, *The Vegetarian Mother and Baby Book*, explains the nutritional value of all the basic foods and gives a comprehensive range of recipes for mother and baby up to the age of two. The book arose from her personal experience as mother of three daughters.

Rose has written many other best sellers including *Simply Delicious: Supreme Vegetarian Cookery*. Not just a Load of Old Lentils! *The Bean Book*; *Complete Vegetarian Cookbook*; *Vegetarian Slimming and Vegetarian Express*.

Rose has been in the vanguard of the revolution of our eating habits in recent years. She is a frequent contributor to national magazines, as well as giving cookery demonstrations



Protein is needed for growth, repair of tissue and protection against infection. Protein can be found in all pulses (beans of all sorts, peas and lentils), nuts, seeds, rice, grains and grain products such as breakfast cereals, bread and pasta. The humble soya bean - used in many soya products such as soya burgers, soya milk and tofu (soya bean curd) - is nutritionally equivalent to meat, containing as it does all the building blocks (amino acids) of protein. Preeclampsia, a syndrome of high blood pressure, reduced blood flow to the placenta and premature delivery, has been attributed to insufficient protein intake and so it is prudent to increase your intake in the final trimester. The good news - medical studies on 775 vegan mothers showed them to be less prone to preeclampsia (1).

Fats

Fats are essential in the diet for repairing body tissue, to carry some vitamins (vitamins A, D, E and K) and for manufacturing hormones. Fats can either be saturated (mainly animal fats) or unsaturated. Whilst we don't need the saturated kind in our diet we do need the unsaturated type - the so-called essential fatty acids or polyunsaturated fats. There are two types of essential fatty acids - omega-3 and omega-6. Omega-3 fats are found in dark green leafy vegetables like broccoli, some nuts eg walnuts, some seeds especially linseed (also called flax), soya beans and oils extracted from these foods. Omega-6 fats are found in seeds such as sunflower and sesame seeds, corn, some nuts (again walnuts) and again soya beans as well as the oils extracted from these foods. Most Western diets tend to be high in the omega-6 fats but not so high in the omega-3 fats. It's a good idea therefore to make sure you include foods such as linseed, walnuts and soya beans in your diet. Linseed is available as the oil as well as the seeds themselves - they make a tasty crunchiness topping on salads. It's also worth alternating between the oils you use in the kitchen - sometimes using soya and walnut oils in place of the more common corn and sunflower oils. Walnuts and soya beans are rich in both omega-3 and omega-6 fatty acids (and in the right proportions that the body needs) so are excellent foods to incorporate into your diet. There are even some specially formulated oils that supply both the omega-3 and omega-6 fats in the right proportions available from most healthfood shops. These oils must be kept refrigerated and are best used cold.

Calcium

This vital element is needed for the healthy functioning of the nervous system, blood clotting and bone and tooth formation in both mother and baby. Seeds (especially sesame), nuts* (especially almonds*), dark green leafy vegetables and legumes such as beans, lentils, chickpeas and tofu (made from soya beans) are particularly rich in calcium. Contrary to popular belief drinking cow's milk is no guarantee of strong bones. The Harvard Nurses' Health Study, took 77,761 women, aged 34 to 59 and followed them for 12 years. The research found that those who got more calcium from milk actually had slightly, but significantly, more fractures, than those who drank little or no milk (2). A 1994 study of elderly men and women in Sydney, Australia also showed that higher dairy product consumption was associated with increased fracture risk. Those with the highest dairy product consumption had approximately double the risk of hip fracture than those with the lowest consumption (3). (See Viva! Guides Nutrition in a Nutshell and The Healthiest Diet of All.)

Iron

The need for iron increases during pregnancy because both mother and baby are busy creating new

and broadcasts on radio and TV.



"We now know that what you eat both before and during pregnancy has a dramatic effect on your baby's health not only during the early years but right through into adulthood. Choosing a good vegetarian diet is not only safe but can help ensure that vitamins - such as folic acid, vital for early development of the foetus - are provided. A well balanced vegetarian or vegan diet is a fabulous way of feeding babies and young children too. Childhood asthma is rare in infants who eat plenty of fruits and vegetables."

Dr Chris Fenn Accredited Nutritionist

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